



## Nicoise Salad



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



359 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.3 cup red wine vinegar
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 3 Tbsp shallots finely chopped
- ☐ 2 Tbsp basil fresh finely chopped
- ☐ 1 Tbsp thyme leaves fresh finely chopped
- ☐ 2 teaspoons oregano fresh finely chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 6 servings salt and pepper black freshly ground

- ☐ 16 oz grilledwise tuna steaks cooked canned
- ☐ 6 hardboiled eggs peeled quartered
- ☐ 1.3 pounds fingerling potatoes red
- ☐ 2 medium heads boston lettuce
- ☐ 3 small tomatoes cored ripe cut into wedges
- ☐ 1 small onion red thinly sliced
- ☐ 0.5 pound green beans trimmed cut into 2-inch pieces
- ☐ 0.3 cup niçoise olives
- ☐ 2 Tbsp capers rinsed

## Equipment

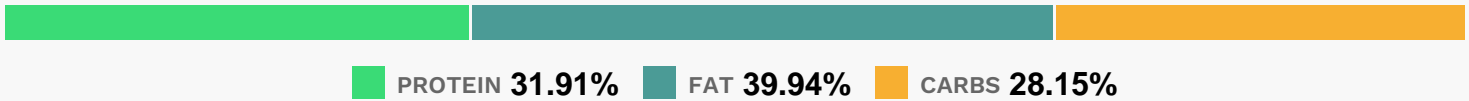
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ grill

## Directions

- ☐ \*Marinate tuna steaks in a little olive oil for an hour.
- ☐ Heat a large skillet on medium high heat, or place on a hot grill. Cook the steaks 2 to 3 minutes on each side until cooked through.
- ☐ Make vinaigrette: In a jar, place the oil, lemon juice or vinegar, shallots, herbs, and mustard. Cover with a lid and shake until well blended.
- ☐ Add salt and pepper to taste.
- ☐ Place onion slices in a small bowl and sprinkle with 3 Tbsp of the vinaigrette. (The onions soaking in the vinaigrette will help take some of the bite out of them.)
- ☐ Cook the potatoes, cut, and dress with vinaigrette:
- ☐ Place potatoes in a large pot and cover with 2 inches of water.
- ☐ Add 1 Tbsp of salt.
- ☐ Heat on high to bring to a boil. Lower the heat to maintain a simmer. Cook for 10 to 12 minutes or so, until the potatoes are fork tender.

- ☐ Drain.
- ☐ While the potatoes are still warm, cut them into halves or quarters, depending on the size of the potatoes.
- ☐ Place them in a bowl and dress them with about 1/4 cup of the vinaigrette.
- ☐ Boil the green beans in salted water: While the potatoes are cooking, fill a medium sized pot halfway with water, and add 2 teaspoons of salt. Bring to a boil on high heat.
- ☐ Add the green beans to the boiling water.
- ☐ Cook until tender but still firm to the bite, about 3–5 minutes (more or less, depending on the toughness of the beans).
- ☐ Drain and either rinse with cold water to stop the cooking, or shock for half a minute in ice water.
- ☐ Arrange on a bed of lettuce: Arrange bed of lettuce on a serving platter.
- ☐ Cut tuna into 1/2-inch thick slices. Mound tuna in center of lettuce.
- ☐ Sprinkle the tomatoes and onions around the tuna.
- ☐ Arrange the potatoes and green beans in mounds at the edge of the lettuce.
- ☐ Arrange hard boiled eggs, olives, and anchovies (if using) in mounds on the lettuce bed.
- ☐ Drizzle everything with the remaining vinaigrette.
- ☐ Sprinkle with capers if using.
- ☐ Serve immediately. Should be served slightly warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:68.13, Glycemic Load:13.97, Inflammation Score:-10, Nutrition Score:31.140869513802%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 359.07kcal (17.95%), Fat: 15.88g (24.44%), Saturated Fat: 3.59g (22.45%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 20.35g (7.4%), Sugar: 4.98g (5.53%), Cholesterol: 218.18mg (72.73%), Sodium: 206.63mg (8.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.12%), Vitamin B12: 7.71µg (128.58%), Selenium: 45.83µg (65.47%), Vitamin A: 2766.9IU (55.34%), Vitamin B3: 8.93mg (44.66%), Vitamin B6: 0.84mg (41.82%), Vitamin C: 33.56mg (40.68%), Phosphorus: 379.91mg (37.99%), Vitamin K: 38.62µg (36.78%), Vitamin D: 5.41µg (36.06%), Vitamin B2: 0.56mg (32.64%), Potassium: 933.94mg (26.68%), Vitamin B1: 0.36mg (23.88%), Magnesium: 90.67mg (22.67%), Manganese: 0.44mg (22.22%), Vitamin B5: 1.99mg (19.91%), Iron: 3.53mg (19.63%), Fiber: 4.85g (19.39%), Vitamin E: 2.85mg (19%), Folate: 67.58µg (16.89%), Copper: 0.28mg (13.87%), Zinc: 1.63mg (10.84%), Calcium: 98.18mg (9.82%)